

# 12-Month Safety Upgrade Calendar

One thing per month. In a year, you're fully prepared.

Print this. Stick it on your fridge. Check off each month. No rush. No overwhelm. Just steady progress.

MONTH	YOUR TASK	DONE
<b>MONTH 1</b>	<b>Build your micro kit + set up your safety circle</b> Start with \$20 and 3 phone numbers	<input type="checkbox"/>
<b>MONTH 2</b>	<b>Set up all emergency alerts + write your plan</b> WEA, FEMA app, local alerts, written plan	<input type="checkbox"/>
<b>MONTH 3</b>	<b>Build your go bag</b> One weekend, ~\$85, backpack by the door	<input type="checkbox"/>
<b>MONTH 4</b>	<b>Do your home security audit</b> Door bar, window pins, peephole, test alarms	<input type="checkbox"/>
<b>MONTH 5</b>	<b>Digital security sweep + Google yourself</b> Passwords, 2FA, privacy settings, removal requests	<input type="checkbox"/>
<b>MONTH 6</b>	<b>Take a first aid or CPR class</b> Red Cross, local community center, 2-4 hours	<input type="checkbox"/>
<b>MONTH 7</b>	<b>Build your home kit for 7+ days</b> Water, food, sanitation, shelter supplies	<input type="checkbox"/>
<b>MONTH 8</b>	<b>Sign up for CERT training</b> Free, FEMA-backed, 18-21 hours, real skills	<input type="checkbox"/>
<b>MONTH 9</b>	<b>Practice your evacuation route</b> Drive it. Time it. Try the backup route too	<input type="checkbox"/>
<b>MONTH 10</b>	<b>Review and update everything</b> Expired supplies, contact info, plan changes	<input type="checkbox"/>
<b>MONTH 11</b>	<b>Financial preparedness check</b> Emergency fund, insurance, document kit review	<input type="checkbox"/>
<b>MONTH 12</b>	<b>Share what you've learned</b> Send this guide to another woman who lives alone	<input type="checkbox"/>

**In 12 months, you'll be more prepared than 95% of the population.**

And you'll have done it without ever feeling overwhelmed. You've got this.